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University

## Overview of Employment Options for F-1 and J-1 Students

# Employment Options

- **F-1**

- Curricular Practical Training
- Optional Practical Training
- Employment with International Organization
- Employment Based on Economic Hardship

- **J-1**

- Academic Training
- J-1 Intern Category



Your Official Source on U.S. Higher Education

[EducationUSA.state.gov](http://EducationUSA.state.gov)

# Curricular Practical Training

- Work is part of academic program- Internship for credit
- Need to have an internship job offer
- Must have been a full-time student for one academic year
- May work part-time ( 20 hours) or full-time
- If work full-time for 12 months will lose Optional Practical Training option



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# Optional Practical Training Pre-Completion of Studies

- Work must be related to field of study
- Job offer not required to apply
- Must have been full-time student for one academic year
- Time used will be deducted from OPT after graduation
- Allowed part-time during academic year
- Full-time during summer or after completion of all course work except dissertation or thesis



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# Optional Practical Training Post-Completion of Studies

- Work must be related to field of study
- Job offer not required
- Have been a full-time student for one academic year
- Maximum of 1 year employment
- Must locate employment within 90 days of start date on Employment Card



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# Optional Practical Training Extension for STEM Field

- **17-month post-completion OPT extension for certain STEM grads** (for a total eligibility of up to 29 months)
- To be eligible for the extension, the student's employer must be registered in E Verify- see Department of Treasury Website for list of E-Verify Companies
- The limit on unemployment is raised to an aggregate of no more than 120 days



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# Employment with an International Organization

- Job offer from recognized International Organization
- Must be United Nations Affiliated
- List of possible int'l orgs:  
<http://www.state.gov/p/io/empl/index.htm>
- Receive Employment Authorization from Immigration Services



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# H-1B Cap Gap

- OPT work authorization is automatically extended for an F-1 student who applies timely for an H-1B
- The cap-gap extensions are terminated if the H-1B petition is rejected, denied, or revoked
- DHS has created a graduated extension scheme, which will grant extensions of OPT and of F-1 status depending on situation of the H-1B petition



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# H-1B

- 65,000 numerical limit and 20,000 additional at the Master's advance degree level each year
- Must have a bachelor's degree or higher (or equivalent) in the specific specialty field
- University are exempt from the limit



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# Academic Training for J-1 Student

- Can work during program of study or after completion of program
- Must have a job offer
- After completion of studies must begin work within 30 days of completion
- Limited to 18 months and in the case of post-doctorate limited to 36 months



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# J-1 Intern Category

- complex new category
- Accredited post-secondary institution with an internship program
- Sponsor must complete and sign an intern Training Plan Form ( Form DS-7002)
- Internship for up to 12 month for each degree/major and full-time (min 32 hours per week)



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# J-1 Intern Category

- Not Valid for the following positions
- Unskilled or casual labor
- Child care or elder care
- Aviation
- Clinical positions or engaging in any other kind of work that involves patient care or contact, including sports or physical therapy, psychological counseling, nursing, dentistry, veterinary medicine, social work, speech therapy, or early childhood education

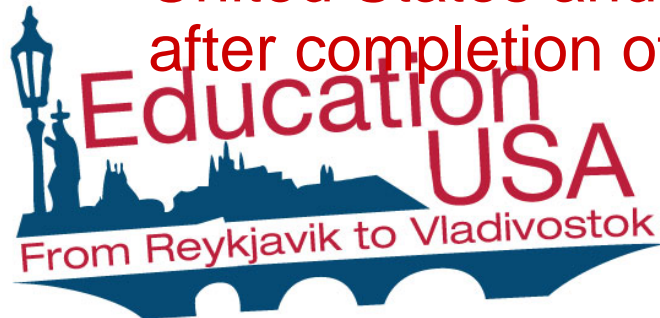


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# J-1 Intern Category

- Be enrolled in an degree at an accredited postsecondary academic institution outside the U.S.
- Internship must meet the educational objectives of current degree program at home institution
- English language skills must be sufficient to function
- Be in the United States to engage in a student internship program rather than to engage in employment or provide services to an employer
- Student must return to academic program outside the United States and obtain a degree from home institution after completion of the Intern program



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